

# BODY SAFETY

A PRACTICAL GUIDE FOR TEACHING  
SAFETY RULES TO CHILDREN



# TALKING WITH YOUR CHILD ABOUT BODY SAFETY

## WHY IS TEACHING BODY SAFETY IMPORTANT?

We often teach our children different ways to stay safe, such as wearing seatbelts, looking both ways when crossing a street, and to not touch the hot stove. While those are good rules to teach your kids, we must include body safety rules in efforts to prevent child sexual abuse.

**1 IN 6 BOYS  
AND  
1 IN 4 GIRLS  
ARE SEXUALLY ABUSED  
BEFORE THE AGE 18.**

## TIPS FOR PARENTS & CAREGIVERS

Teach your children proper terms of their body parts- it's never too early to start. Teaching proper terms will provide clear understanding to the person they are disclosing too if and when they feel unsafe or uncomfortable.

Establish rules with your children-

- No looking at private parts
- No taking pictures
- No touching private parts

Review rules of your child's body safety regularly. Suggestion: Discuss body safety before a sleepover or discuss when buying bathing suits.

Use age appropriate wording so your child can understand.

Talk about safe and unsafe touch with your child. Unsafe touch is when the touch hurts the child's feelings or body. Safe touch keeps children safe and are good for them.



# BODY SAFETY RULES



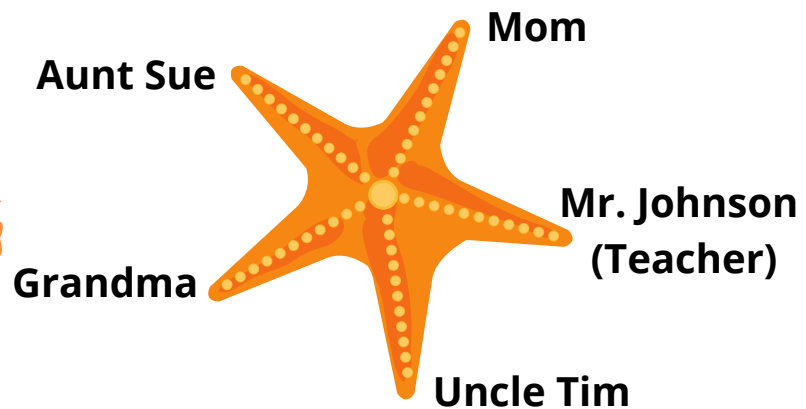
## MY BODY IS MY BODY AND IT BELONGS TO ME!

I can say "No!" if I don't want to hug or kiss someone. I can give a high five, hand shake, or blow them a kiss instead. I am the boss of my body and what I say goes!

## SAFE ADULTS

These are 5 adults I trust. I know I can tell these adults anything and they will believe me.

If I feel worried, scared, or unsure, I can tell my safe adults how I am feeling or why I am feeling this way.



## SECRETS

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell one of my safe adults.

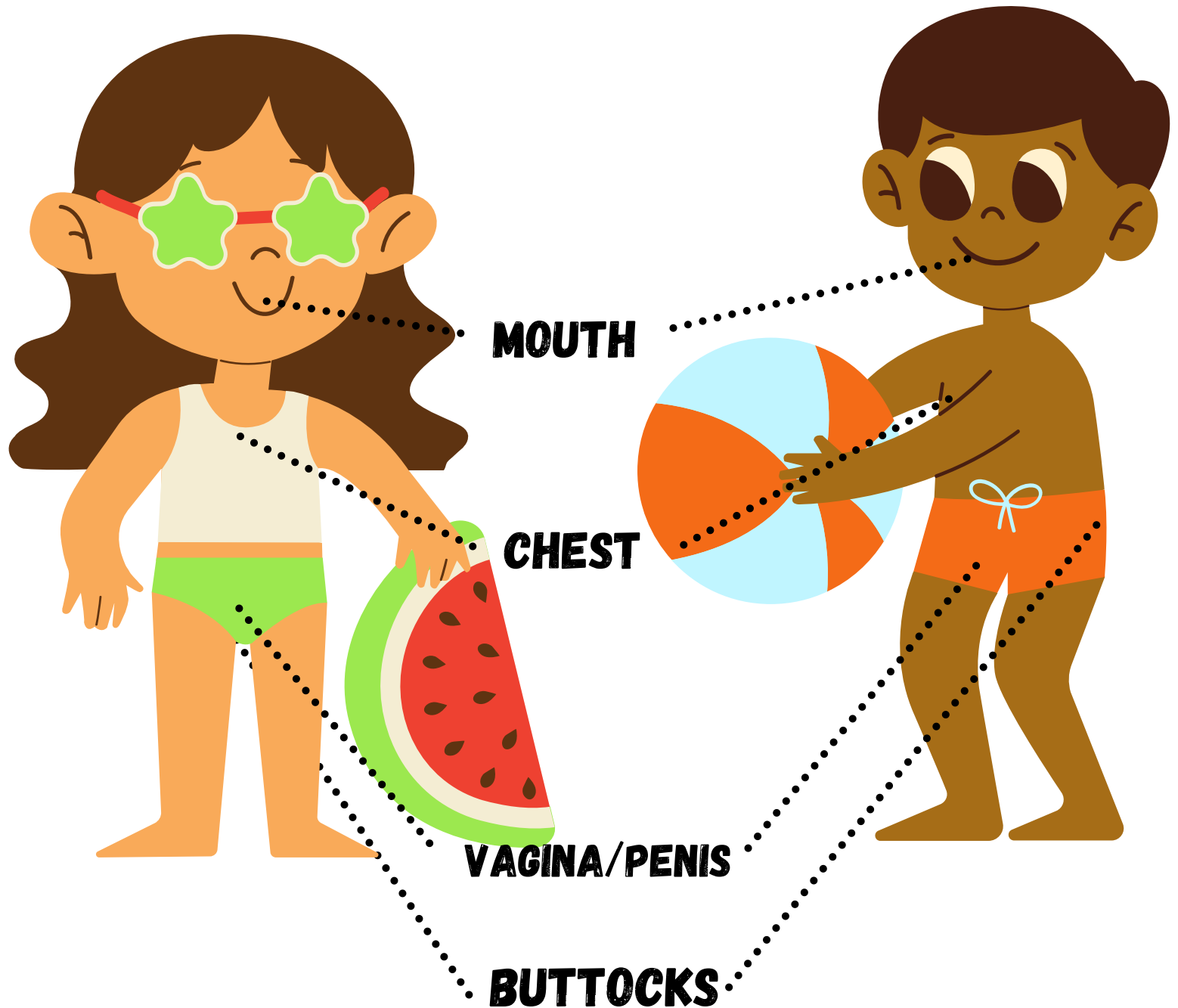
## PRIVATE PARTS

My private parts are the parts of my body covered by my bathing suit. I always call my private parts by their correct names. No one can touch my private parts. No one can ask me to touch their private parts. No one is allowed to show me pictures of private parts. If that happens, I must tell one of my safe adults immediately.



# SAFE TOUCH

NO ONE SHOULD BE TOUCHING YOU  
ON YOUR MOUTH, CHEST, VAGINA  
OR PENIS, AND BUTTOCKS.



**YOU ARE THE BOSS OF YOUR BODY!**

# I AM THE BOSS OF MY BODY!

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# I AM THE BOSS OF MY BODY!

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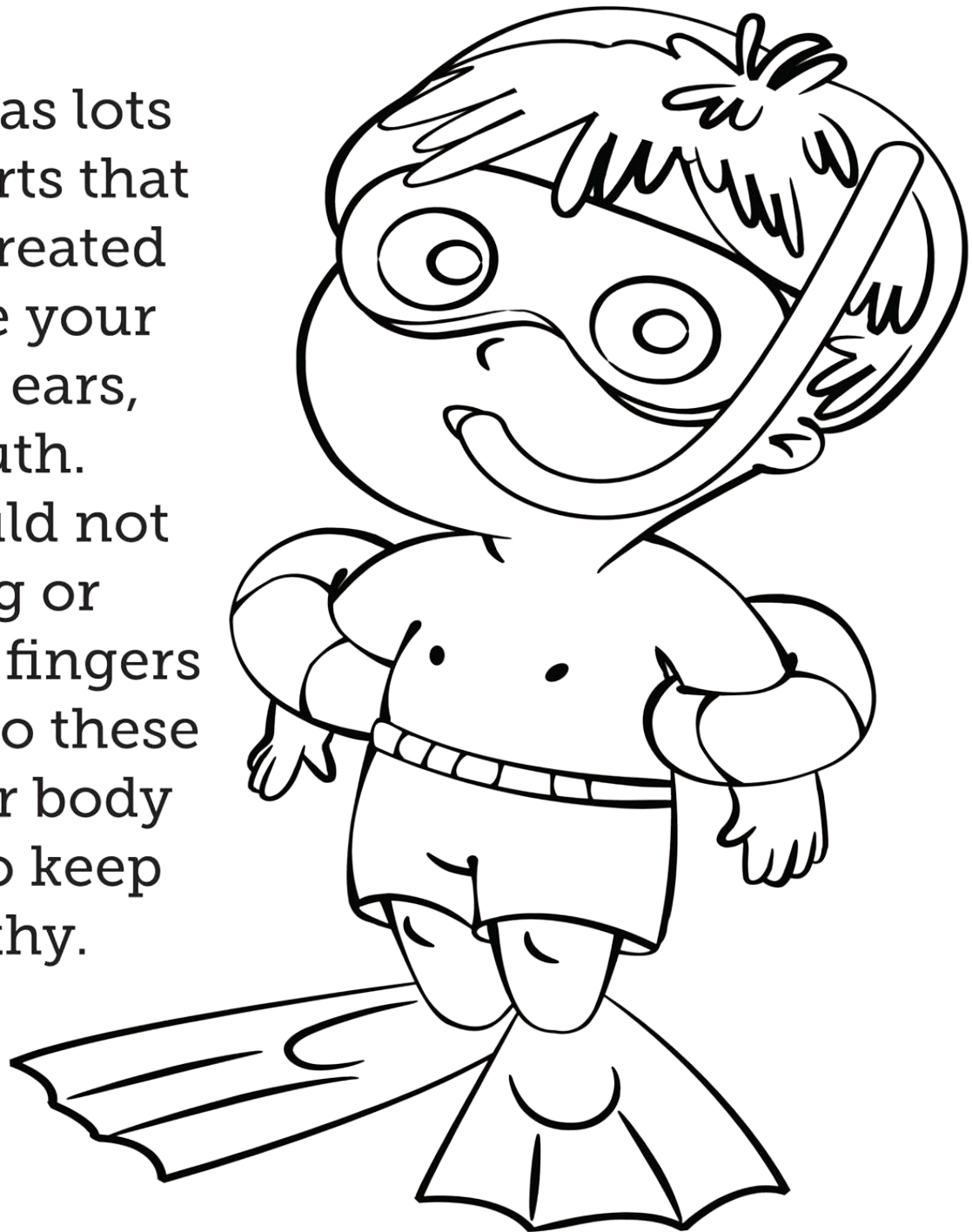


# YOUR BODY IS SPECIAL

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Your body has lots of special parts that need to be treated gently - like your eyes, nose, ears, and mouth.

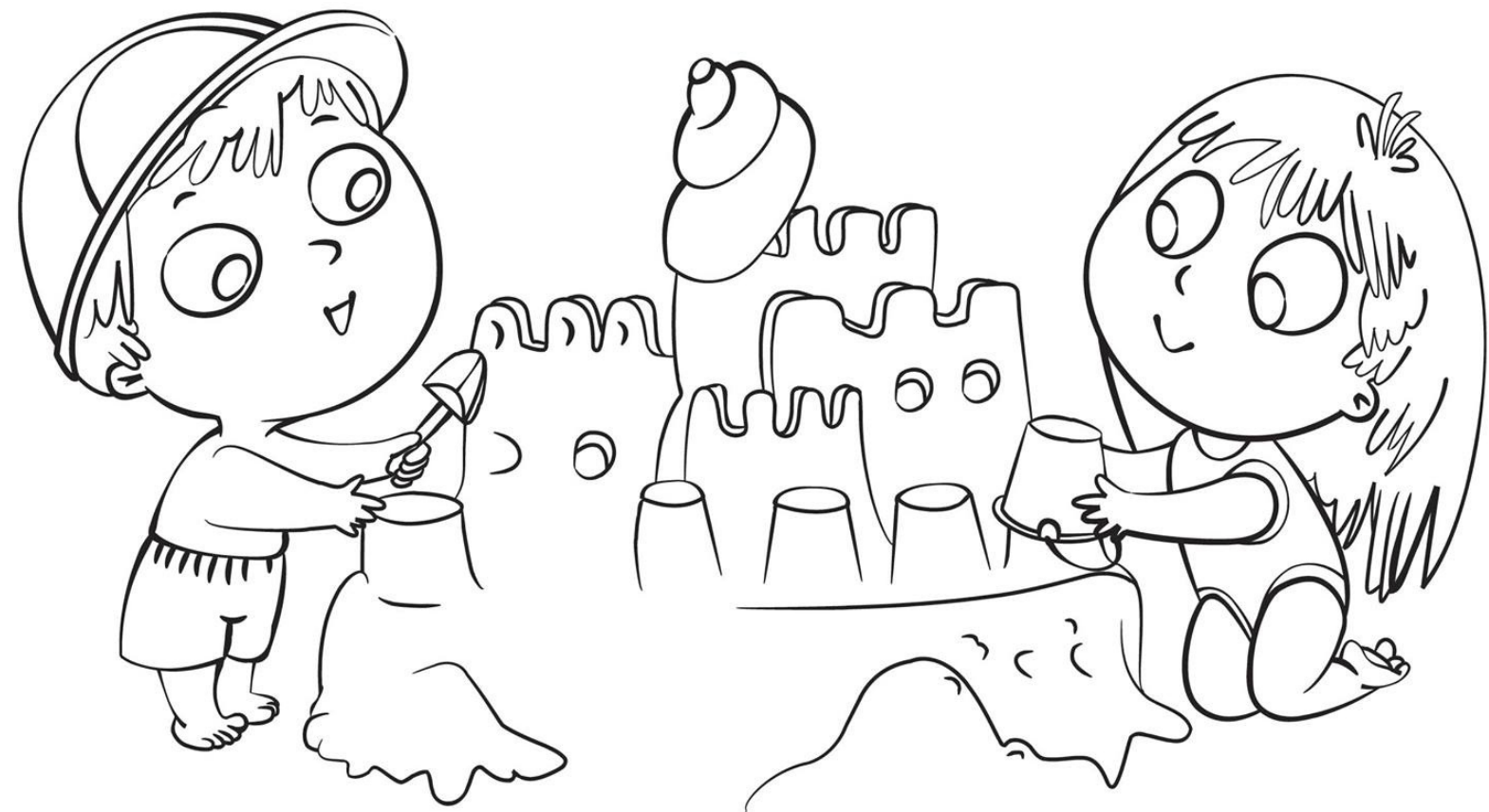
People should not be playing or putting their fingers or objects into these parts of your body unless it's to keep you healthy.



# PRIVATE PARTS

Private is a word that means something belongs just to you, not meant for sharing with others.

Your private parts are the parts of your body covered by a bathing suit.





# PRIVACY

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Privacy is a word that means  
away from others or out of view.



# PRIVACY

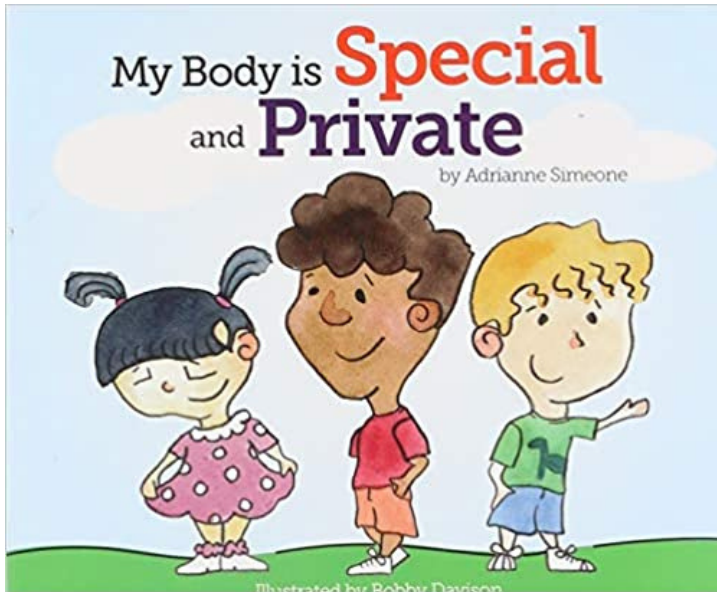
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Bathing, using the toilet,  
changing our clothes, and even sleeping,  
are times when people should have privacy.



# Children's Books

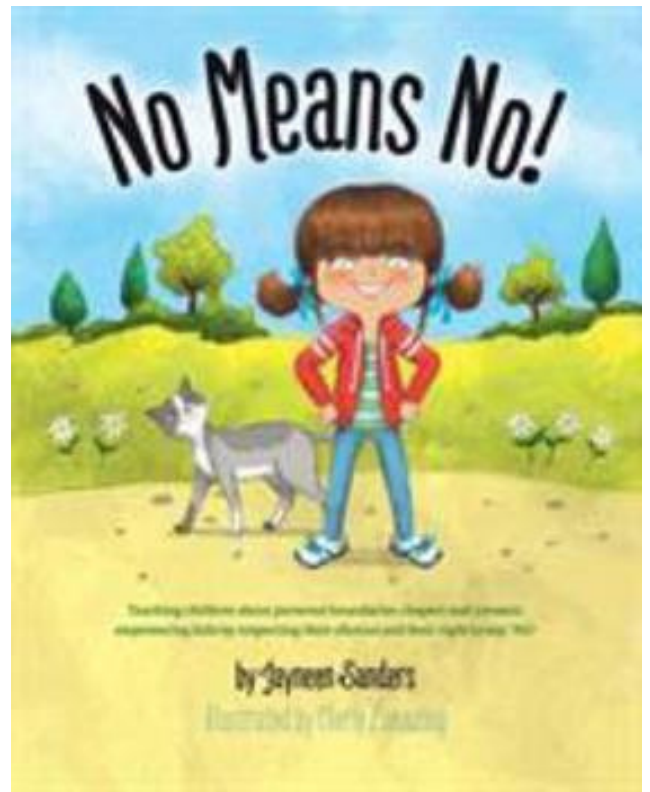
Suggestions for Parents and Caregivers



My Body is Special  
and Private

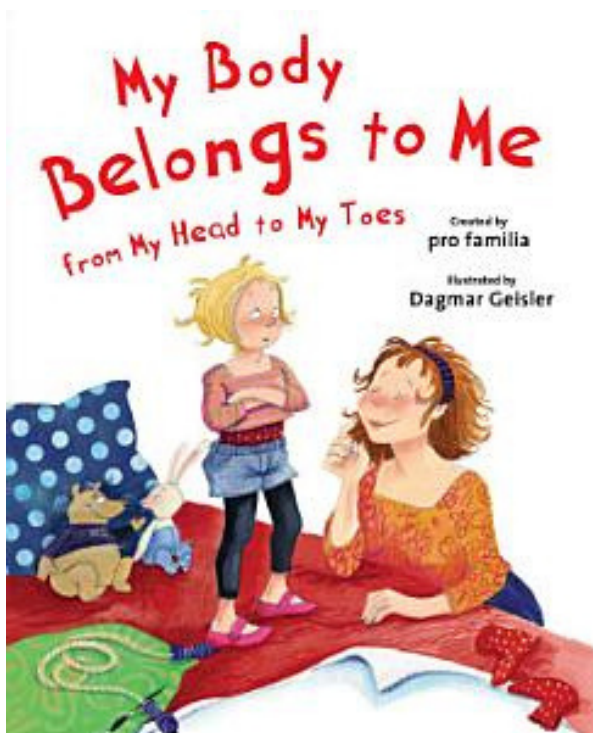
By Adrienne Simeone

No means No!  
By Jayneen Sanders

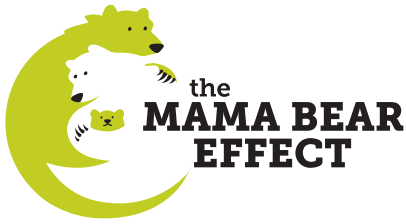


My Body Belongs to  
Me From My Head to  
My Toes

By The International Center  
for Assault Prevention



# RESOURCES



The Mama Bear Effect  
[themamabeareffect.org](http://themamabeareffect.org)



The Lighthouse  
Children's Advocacy Center  
704-862-6761

**TO REPORT CHILD SEXUAL ABUSE, CONTACT  
LOCAL LAW ENFORCEMENT AND THE LOCAL  
CHILD ABUSE HOTLINE.**



Gaston County Child Abuse  
Hotline: (704) 862-7555

Gaston County Police  
Communications Center:  
(704) 866-3300